

SUMMER FOOD SAFETY



Fuel Your Family

Safe Food Practices

- Foodborne illnesses are more common in summer months
- Remember to cook food to proper internal temperatures
 - Safe Food Temperatures: <https://tinyurl.com/yafvkwkx>
- Keep cold foods cold and hot foods hot
- Don't leave food in the Temperature Danger Zone Temperature Danger Zone (40°F-140°F) longer than 2 hours or 1 hour if temperatures are 90°F and above (bacteria multiply faster at higher temperatures)

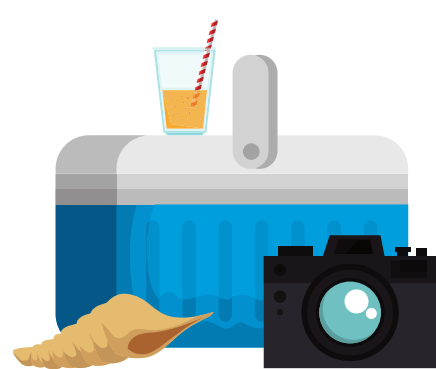
Remember to Wash Hands

- Even when eating outdoors, it is essential to wash your hands. Bring soap, a jug of warm water, and paper towels to wash hands
- Remember, hand washing is the preferred method to clean hands. Hand wipes or hand sanitizers are not a replacement to hand washing but can be used in addition to hand washing.



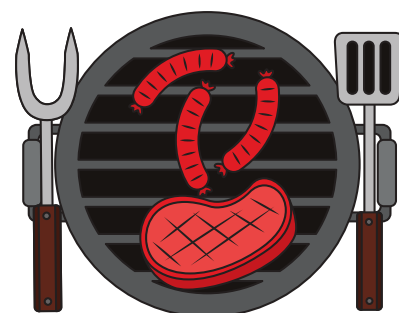
When Going on a Trip:

- Pack enough ice and freezer packs
- Wash produce before packing
- Pack ready-to-eat foods, uncooked foods, and drinks all in separate coolers to avoid cross-contamination
- Pack meat and poultry still frozen, so they will stay colder longer
- A full cooler will maintain its temperature longer than a partially filled one
- Keep coolers closed



When Grilling:

- Do not reuse marinades, sauces, or utensils that have touched raw meat
- Remember to bring your thermometer to take the internal temperature of food items



Source: <https://www.cdc.gov/foodsafety/newsletter/food-safe-summer-5-22.html>
<https://www.fda.gov/food/buy-store-serve-safe-food/handling-food-safely-while-eating-outdoors>
<https://www.ksre.k-state.edu/foodsafety/topics/outdoor.html>

https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/handling-food-safely-on-the-road/ct_index

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